

Appendix
Association of Fitness With Incident Dyslipidemias Over 25 Years in the Coronary Artery Risk Development in
Young Adults Study
Sarzynski et al.

Appendix Table 1. Incident Dyslipidemias Between Years 20 and 25 by Median 20-Year Change in Fitness Classification

| Median 20-yr fitness change category | Incident low HDL-C | | Incident high TG | | Incident high LDL-C | | |
|---|-----------------------|-----|---------------------|-----|------------------------|-----|--|
| | NO | YES | NO | YES | NO | YES | |
| BELOW | 963 | 33 | 1,056 | 60 | 900 | 148 | |
| ABOVE | 1,035 | 28 | 1,100 | 53 | 952 | 125 | |
| | <i>p</i> =0.36 | | <i>p</i> =0.39 | | <i>p</i> =0.08 | | χ^2<i>p</i>-value |

20 year fitness change median groups were defined as follows: Below = Men: < -3.45 min, Women: < -2.55 min; Above = Men: ≥ -3.45 min, Women: ≥ -2.55 min

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Appendix Figure 1. Adjusted mean (SE) changes in fitness over 20 years by incident dyslipidemia status between years 20 and 25. *p*-values represent differences between groups for each trait. Number of subjects within each category is indicated inside each histogram bar. Mean values adjusted for age, sex, race, examination center, baseline fitness, baseline BMI, change in BMI between years 20 and 25, smoking, and lipid medication (HDL-C and TG only) status.

